

**MIDDLESEX COMMUNITY COLLEGE
EARLY CHILDHOOD EDUCATION PROGRAM**

ECE 176: Health, Safety and Nutrition for the Young Child- Online

Instructor: Professor Norma Rosado-Javier CRN# 3238
Online Credits: 3
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(Use college e-mail only if Blackboard is down).

Text: Robertson, C. Safety, Nutrition and Health in Early Education (6th Edition).
Cengage Learning. (2016)

Course Description:

This course provides an overview of the relationship between health, safety, and nutrition with child development. Emphasis will be on the strategies needed to implement a safe, healthy and nutritionally sound program. Community agencies and resources that support children and families' safety, health, and nutrition will be explored.

Course Objectives

- Discuss the interrelationship of health, safety and nutrition in an early childhood education environment.
- Develop skills necessary to plan and implement health, safety, and nutrition experiences and to integrate these experiences into daily curriculum.
- Explore various agencies, organizations and websites that can be utilized as resources and referrals for health, safety and nutrition issues for children, families and teachers.
- Practice teacher health appraisals of young children, identify, and discuss first aid practices for common and acute illnesses and injuries.
- Plan and analyze nutritionally balanced menus for young children (appropriate feeding of infants, toddlers and preschoolers) using the CACFP guidelines.
- Examine all developmental areas (physical, social, emotional, and cognitive) and discuss skills that can be enhanced in each area of development during meal times (snack and lunch time).

Course Outcomes:

At the end of this course students will be able to:

- Understand and discuss how health, safety and nutrition are interrelated.
- Discuss ways that teachers can be proactive in promoting children's wellness in the areas of injury prevention, dental health, physical activity and mental health.
- Perform a daily children's health check.
- Name and describe the symptoms and management strategies for common medical conditions that children experience.
- Describe safety practices that teachers should implement in the classroom and outdoors to safeguard children.
- Identify two forms of negligence and discuss steps teachers can take to protect themselves from such charges.
- Know and observe management of childhood injuries and acute illnesses.
- Know and explain the significance of Public Law 93-247
- Understand the Food Guide Pyramid, and the Dietary Guidelines for Americans.
- Discuss the major role that each food group plays in promoting healthy growth, development and learning.
- Review Connecticut Child Care Nutrition Standards.
- Describe guidelines for feeding infants, toddlers and preschoolers.
- Plan snacks for toddlers, preschoolers and school –aged children that meet their nutritional requirements.
- Review CSDE Action Guide for Child Care Nutrition Policies.

Course Content:

The following topics will be covered:

- Interrelationships of Health, Safety and Nutrition
- Safety Management
- Creating quality environments
- Nutrition in Early Childhood Education
- Promoting Good Health Habits
- Health Appraisals
- Stress in young children
- Health assessment tools
- Conditions affecting children's health
- Communicable and acute illnesses: identification and management
- Management of injuries and acute illness
- Child abuse and neglect
- Nutrients that provide energy, regulate body functions and growth of body tissues
- Infant, toddler, preschooler feeding
- National and State Nutrition Policies and Guidelines

COURSE REQUIREMENTS/GRADING GRID/DESCRIPTION GRADING

	Items	Points
A	Weekly Discussion/Activities 10x20 points each	200
B	Chapter Quiz <u>3 x100 points each</u>	300
C	Nutrition Activity	150
D	<u>List of Community Resources</u>	200
E	List of Children's Books	150
	Total	1000

Total # of points/Letter Grade

A =1000-950 B+ =899-850 C+ =749-700 D+= 599-550 F 450-0
A- =949-900 B = 849-800 C= 699-650 D = 549-500
B- =799-750 C- =649-600 D- =499-450

Course Requirements/Description**A. Weekly Discussions/Activities: (10 at 20 points each)**

Every week you will be responsible for posting a thread in the discussion link located in the course menu. You will also need to respond to someone else's thread. (You may respond to more than one if you wish). The initial thread must respond directly to the discussion question posted. (More information about discussion boards will be found in the discussion board link).

B. Quizzes: (300 points total)

There will be total of 3 quizzes for the course. Each quiz will be worth 100 points.

C. Nutrition Activity: (150 points)

- Students will prepare a one week menu for children. Using the CACFP guidelines and the menu planning checklist, plan a one week (M-F) infant/toddler/preschool/ or school age menu for breakfast (morning snack), lunch, and snack.
(Choose only **one age group**)
- Make sure you are meeting the correct nutritional guidelines for each meal as well as variety, texture, color, and presentation.
- List the serving sizes of the foods included in the menu depending on the age of children
- This activity/assignment should be displayed in a calendar format listing the days of the week and the foods served at the various times throughout the day.

D. List of Community Resources: (200 points).

You are responsible for researching **5 community agencies/organizations** that provide information for families on health, safety, and nutrition. **At least 3 of these agencies** should be local and in your service area. (By this I mean that if you are living/working in a town, you should know the local agencies that are available to the families you work with or may work with in the future). The other two agencies **may be** online resources/links where parents may find additional information. For each agency/organization, provide the following information:

1. Name of the agency, address, and website information.
2. Description of the agency (state, federal, non-profit etc.)
3. Full description of the services they provide to families.
4. Information that includes contact person, hours of operation, criteria for receiving service, if any, etc.
5. Narrative on why you feel this agency would be helpful to the families you serve (Be specific and provide examples).

E. List of Children's Books used for introducing Health, Safety, and Nutrition: (150 points).

Students are to research **10 children's books** that deal with health, safety, and nutrition as topics. Make sure you name the book, author, and illustrator. Give a brief summary of each book. Explain what age group this book is appropriate for. Also include how the author/illustrator uses the words/pictures to get children interested in the topic. Make sure to include books from the above categories listed. (At least two for each).

Instructor's Expectations of Students/NOTE FOR ALL ASSIGNMENTS:

1. Students are responsible for reading the syllabus, completing assignments, and becoming familiar with course materials.
2. All written course work must be typed with **12-size font and double-spaced** and include Standard English Practices. These include: spelling and punctuation, capitalization, sentence and paragraph structure, grammar, clarity of expression, and organization.
3. **All assignments are due on the dates indicated. Assignments will not be accepted after the due date unless the instructor has been consulted prior to the due date.**
4. **Make sure to use appropriate link provided on Blackboard for each individual assignment. Do not sent assignments as attachments through Blackboard Message. It will not appear as submitted and therefore will not be graded. If you are having difficulties submitting an assignment, contact the Distance Learning staff.**

All biographic notations of other sources reviewed to complete assignments, or cited in the report must be acknowledged in the reference list. Use APA or MLA format in writing your references. See websites below.

APA http://www.mxcc.commnet.edu/images/customer-files/L_PDF/APA.pdf

MLA http://www.mxcc.commnet.edu/images/customer-files/L_PDF/MLA.pdf

IMPORTANT COLLEGE POLICIES!! PLEASE READ CAREFULLY!

For information about the college's policies and procedures regarding academic honesty, accessibility/disability services, attendance, audio-recording in the classroom, grade appeals, plagiarism, religious accommodations, weather and emergency closings, and more, please go to the following website: www.mxcc.edu/catalog/syllabus-policies/ or scan the QR code with your smart phone. Also, please become familiar with the policies regarding nondiscrimination, sexual misconduct, and general student conduct at the following website: www.mxcc.edu/nondiscrimination/.



NON-DISCRIMINATION STATEMENT

Middlesex Community College does not discriminate on the basis of race, color, religious creed, age, sex, national origin, marital status, ancestry, present or past history of mental disorder, learning disability or physical disability, sexual orientation, gender identity and expression or genetic information in its programs and activities. In addition, the College does not discriminate in employment on the additional basis of veteran status or criminal record.

The following people have been designated to handle inquiries or complaints regarding non-discrimination policies and practices:

- Primary Title IX Coordinator
Dr. Adrienne Maslin
Dean of Students/Title IX and Section 504/ADA Coordinator
amaslin@mxcc.edu; 860-343-5759; Founders Hall Room 123|
- Secondary Title IX Coordinator
Ms. Queen Fordham
Coordinator of the Meriden Center Welcome Desk
qfordham@mxcc.edu; 203-608-3011

Weekly Course Outline

Weeks	Topics and Weekly Chapter Readings	Readings and Assignments/Activities
Week 1 8/29/16- 9/4/16	Getting Started/Introduction Blog/Review Syllabus Section One-Introduction: <u>Chapter 1</u> -A Holistic Environmental Approach To Healthy Development in Early Childhood Education Environments	<u>Discussion Post/Weekly Assignment</u> <u>Due on 9/4/16 by 11:59pm</u>
Week 2 9/5/16- 9/11/16	<u>Section Two-Safety in Early Childhood Education:</u> <u>Chapter 2</u> -Creating Safe Environments	<u>Discussion Post</u> <u>Due on 9/11/16 by 11:59pm</u>
Week 3 9/12/16- 9/18/16	<u>Chapter 3</u> -Indoor Safety	<u>Discussion Post/Weekly Assignment</u> <u>Due on 9/18/16 by 11:59pm.</u>
Week 4 9/19/16- 9/25/16	<u>Chapter 4</u> -Outdoor Safety	<u>Discussion Post</u> <u>Due on 9/25/16 by 11:59pm</u>
Week 5 9/26/16- 10/2/16	<u>Chapter 5</u> -Emergency Response Procedures for Early Childhood Education Environments	<u>Discussion Post/Weekly Assignment</u> <u>Due on 10/2/16 by 11:59pm.</u>
Week 6 10/3/16- 10/9/16	<u>Quiz- Chapters 1-5</u>	<u>Due on 10/9/16</u>
Week 7 10/10/16 10/16/16	<u>Section Three-</u> <u>Nutrition in Early Childhood Education</u> <u>Chapter 6</u> -Basic Nutrition for Children <u>Chapter 7</u> -Protecting Good Nutrition and Wellness	<u>Discussion Post</u> <u>Due on 10/16/16</u>
Week 8 10/17/16 10/23/16	<u>Chapter 8</u> -Providing Good Nutrition for Diverse Children	<u>Nutrition Activity</u> <u>(See instructions under Letter C in syllabus).</u> <u>Due on 10/23/16</u>

Week 9 10/24/16 10/30/16	<u>Chapter 9-</u> Menu Planning and Food Safety.	<u>Discussion Post/Weekly Assignment</u> <u>Due on 10/30/16</u>
Week 10 10/31/16- 11/6/16	<u>Section Four-Health in Early Childhood Education Environments</u> <u>Chapter 10-</u> Tools for Promoting Good Health in Children	<u>Discussion Post</u> <u>Due on 11/6/16</u>
Week 11 11/7/16- 11/13/16	<u>Quiz-Chapters 6-10</u>	<u>Last Day to Withdraw from Class- 11/11/16</u> <u>Due on 11/13/16</u>
Week 12 11/14/15- 11/20/16	<u>Chapter 11-</u> Prevention of Illness through Infection Control <u>Chapter 12-Promoting Healthy Development through Supportive Health Care</u>	<u>List of Children's Books</u> <u>(Letter E in syllabus)</u> <u>Due on 11/20/16</u>
Week 13 11/21/16- 11/27/16	<u>Chapter 13-</u> Providing for Special Health Care Needs	<u>Discussion Post/Weekly Assignment</u> <u>Due on 11/27/16</u>
Week 14 11/28/16- 12/4/16	<u>Section Five:</u> <u>Current Issues in Early Childhood Education Safety, Nutrition, and Health</u> <u>Chapter 14-Child Maltreatment</u>	<u>Discussion Post</u> <u>Due on 12/4/16</u>
Week 15 12/5/16- 12/11/16	<u>Chapter 15-Fostering Good Mental Health and Emotional Well-Being in Children</u>	<u>List of Community Resources</u> <u>(Letter D in syllabus).</u> <u>Due on 12/11/16</u>
Week 16 12/12/16- 12/16/16	<u>Final Exam Week</u> <u>Quiz-Chapters 11-15</u>	